SEPTEMBER 2012

President's Letter – "End of Summer"

Vbror

Richard Akin, President (713) 869-5676 president@lazybrook.org

Summer seems to have slipped past rather quickly and I hope all of you enjoyed it. Although there has not been a meeting, we have been quite busy planning for National Night Out. You might have even seen Eddie Yarbrough's article in our local newspaper, The Leader. My thanks go to Eddie Yarbrough, Matt Herring, Brenda Brummett, and Joel Copeland. We had a few meetings and it appears that a National Night Out parade will be a reality this year. We will even have a Grand Marshal – State Representative District 134 – Sarah Davis.

Also, during the "summer break" a group of volunteers met to clean up Roberta's Garden on the banks of the Bayou, the area across from Lazybrook Drive. This was organized by **Melissa and Marc Cougle**. In one morning a lot of work was done. Everything from mowing to painting the rusted Harris County Flood control building. Mark is quite the artist, and his tree really dressed up the little building. I want to thank all those who came out for that event (**Eddie Yarbrough, Sherri Oldham, Birgett Haderlein, Melissa Cougle, Marc Cougle, Carolyn**

Lehnert, and Laura McCarver). It was great to see all of them and to see our handy work with cleaning things up a bit.

Marc and I met again about a week later to clean up another area. With the help of HPD, we evicted the tenants of the "Hobo Village" (big oak across from Foodarama) and cleaned out the trash and rotten food they had left behind. (There is just nothing like the smell of rotten corn on the cob and other food items in 100 degree heat.) While the HPD would oust the vagrants from time to time, the city would not remove the clutter, milk crates, and brush which was making the spot attractive to the vagrants. Thus we had to resolve that issue ourselves. After HPD made the vagrants move along that morning, Marc Cougle and I *Continued on page 5*

2

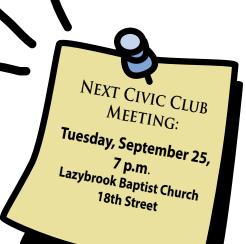
3

5 6

7

9

10



What's Inside

Neighborhood Directory
Membership
Need for Food Donations
Around the Neighborhood
Security
May Meeting Highlights
Real Estate Corner

Jaycee Park Update	12
Weight Lifting Could	
Pump Up Your Brain	14
Beautification	16
Recycling	18
Help is Here	18
Calendar	20

Newsletter printed by



713.623.0703 www.printhouston.com for the Lazybrook Civic Club and the Friends and Neighbors of Lazybrook.

NEIGHBORHOOD DIRECTORY

EXECUTIVE BOARD MEMBERS



PRESIDENT Richard Akin (713) 869-5676 president@lazybrook.org

VICE PRESIDENT Joel Copeland vicepresident@lazybrook.org



TREASURER John Sutton (832) 671-3862 treasurer@lazybrook.org CORRESPONDING SECRETARY Pat Koteras (713) 864-4490 correspondance@lazybrook.org

RECORDING SECRETARY

Sherri Oldham (713)410-3908 recording@lazybrook.org



MEMBERSHIP Janell Bryans (713) 426-0148 membership@lazybrook.org



NEWSLETTER Crystal Frommert (832) 326-2065 newsletter@lazybrook.org

ADVERTISING Marc and Melissa Cougle (713) 444-3351 advertising@lazybrook.org

HOSPITALITY Jo Crawford (713) 864-0685 hospitality@lazybrook.org

BLOCK CAPTAIN CHAIR Eddie Yarbrough (713) 869-1511 blockcaptain@lazybrook.org



SECURITY CHAIR Matt Herring (713) 864-2823 security@lazybrook.org

COMMITTEE CHAIRS

RECYCLING Rose Brewer (713) 880-3845 recycling@lazybrook.org

YARD OF THE MONTH Jim Gorab (713) 636-2530 yard@lazybrook.org

WEBMASTER Greg Frommert (832) 387-8477 webmaster@lazybrook.org

GRAFFITI Dorothy Richardson (713) 861-0701 graffiti@lazybrook.org



ARCHITECTURAL REVIEW/ DEED RESTRICTIONS Gregg Kalba (713)864-7369 architecturalreview@lazybrook.org



BEAUTIFICATION Carolyn Lehnert (713) 864-3596 beautification@lazybrook.org

ARCHITECTURAL PETITION Mike Brennan (713) 869-7731 architecturalpetition@lazybrook.org

AROUND THE NEIGHBORHOOD Julie Kleine (832) 971-4731 neighborhood@lazybrook.org

IMPORTANT CONTACT NUMBERS

EMERGENCY: 911

HPD DISPATCH (713) 884-3131 HEIGHTS STORE FRONT Sgt. Chad Wall (713) 803-1151 centralpatrol2district@cityofhouston.net Visit us on the web at <u>http://www.Lazybrook.org</u> for up-to-the-date news, events and more!

HPD CENTRAL STATION (713) 247-4400

Membership

Janell Bryans, Membership Chair membership@lazybrook.org (713) 426-0148

	Lazybrook Civic Club Membership Dues
Name	
Address	
Phone	
I am enclosing	g: 25.00 Dues Online with P
	Donation: Beautification at Lazybrook
	Total: \$ Donation: Security (Citizens on Patrol)
e checks payab	le to: Lazybrook Civic Club PO Box 926181 Houston, TX 77292-6181
	_
Get Publish	
	te to contribute an article for the Lazybrook newsletter and web site
If you would lik	ewsletter@lazybrook.org.



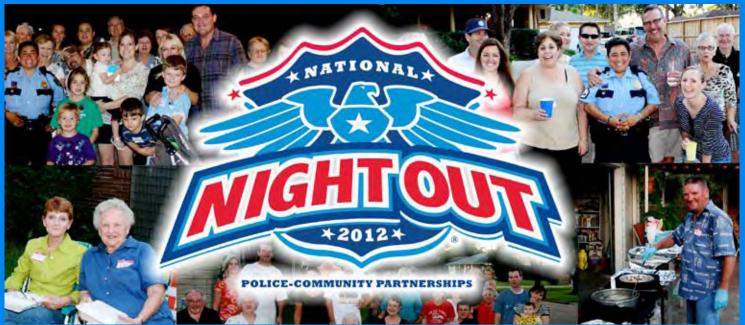






It's C-O-M-I-N-G!

It's C-O-M-I-N-G!



Neighbors Night Out (NNO) is on the horizon!! Tuesday, October 2!!

Others may call it National Night Out but we know it is all about the Neighbors!

NNO is an excellent opportunity to meet, greet, and eat with your immediate neighbors. You don't have to be best buddies but in the event of an emergency or a break-in or suspicious activity (and we all know these are distinct possibilities), it makes good sense to know your neighbors enough to be on the alert or be available to help. To rephrase an old (but apt) expression: it takes a village to maintain a village!

We want to celebrate our village, Lazybrook, focusing on our homeowners, our families and especially our Citizens On Patrol who spend at least 4 hours a month as a presence against the Bad Guys.

To that end and in these challenging times, we want to make this a positive neighborly EVENT and bring back the EXCITEMENT of a parade in Lazybrook on NNO:

- All C.O.P. folks are invited to put their patrol signs on their cars (other decorations are optional) and form the heart of the parade.
- Lazybrookers with a vintage car are also invited to join the parade.

Please notify Matt Herring ASAP at security@lazybrook.org or 713-823-0794 if you wish to be a part of the parade as we need a headcount. We hope to post the parade route beforehand.

Block Captains: if you haven't already started, please be preparing for a block party on that evening. This is a BIG DEAL, folks, and you don't even have to clean your house for company!! If you can't host one, please locate someone (or several) on your block to generate some interest and excitement for a block party. You might even want to combine 2 blocks for a party! It can be as fancy or as simple as you want to make it. Buy or make some noisemakers or bring out some old pots to bang on when the parade comes around. Make this time together memorable and make it count! **Eddie Yarbrough**, **Block Captain Chair**, will be contacting you soon with reminders and suggestions.

President's Letter continued

along with chain saws, removed unwanted small invasive trees and brush around the large oak tree, collected 3 to 4 bags of trash, and returned about 5 milk crates to Foodarama. And I'm glad to report that the tenants have not returned. I have had some reports of them further down the bayou. I try to drive along the bayou and look at least once a week to see if vagrants are setting up residence in another grove of trees. When you are walking or jogging along the bayou, please keep an eye out for milk crates or other signs that they are setting up residence. If you see this or any other activity, please send a message to **Matt Herring** (Lazybrook Security).

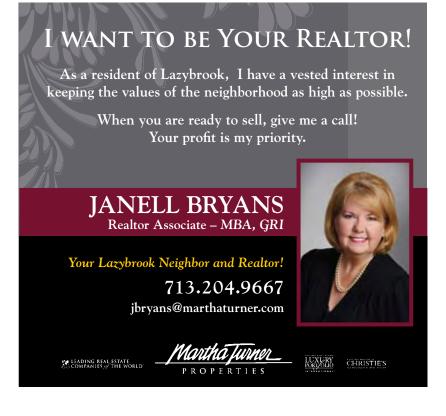
Last but certainly not least, I want to thank **Kenny Michalak** (a long time resident on Crystal Court) for mowing the wildflower esplanade on T.C. Jester and for mowing and edging the area bordering the street of the whole park all the way from Ella to 610. To think, I was exhausted after just mowing Roberta's Garden. I hope I will have the opportunity to meet and thank Mr. Michalak in person at a future Civic Club meeting.

There will never be an easy answer for all things around Lazybrook, but if we come together as neighbors, get to know each other, and work together we can achieve many things. I hope as you read the rest of the newsletter you might feel inspired to come to a meeting, join the garden club, volunteer to be block captain, host a National Night Out block party, join Citizens on Patrol, or come out for a Beautification clean-up day. Whatever area of interest you have, please choose to be involved and volunteer.

Need for Food Donations

Please bring nonperishable food items to the next Civic Club meeting for the Lazybrook Baptist Church food pantry. As you know many needy people/families stop by the church for assistance. The church staff always gives them a package of food to tide them over. Anything that we bring on the night of the meeting is placed in the pantry to help with this effort. The church has been very kind to offer the use of a comfortable meeting place. The need for food to help some of our community members is great. Thank you for any donation you can bring.







Around the Neighborhood

Julie Kleine 832) 971-4731 neighborhood@lazybrook.org

HAPPY BIRTHDAYS

Happy belated birthday to **Beverly Strain** of Lazybrook Dr. Beverly celebrated her 68th birthday on December 31, 2011.



Happy belated 91st birthday to **Walter Herbrich** of Brookmere Dr. Walter celebrated this milestone on August 18th. He has lived in Lazybrook for 44 years.

Happy birthday to **Brian and Savannah** of 2406 Brookmere. Savannah will be 4 on September 22nd and Brian will be turning 39 on September 13th.

Happy birthday to **Mel Dailey** of Tattenhall! Trust us it's a milestone birthday but we don't want to reveal too much. So help us wish Mel a Happy Birthday.

Happy Birthday to **Bill Chote** of Lazybrook Dr. Bill will be 58 years young.

Asher Bryant of Seaspray Ct celebrated his 6th birthday on June 30. He spent the day at his first horse show in Winnie, Texas bringing home a first place ribbon. Congratulations, we're all very proud of our cowboy.

Happy birthday to **Sara and Zoe** of Willowby. Four seems to be a lucky number in their house this year. Sarah will be celebrating her 40th on October 15th and Zoe will be 4 on October 8th.

Happy Birthday to both **Greg and Crystal Frommert** of Millwood Dr. celebrating in September.

Rose Kopinitz of Millcreek Dr. will celebrate her 93rd birthday on October 13th.

GROWING FAMILIES

Delores Pappas of Greengrass Ct is now a proud great-grandmother! Her granddaughter Diana gave birth to twin girls, Mary Adelaide and Nicole Lillian.



David Henson & Ilya Martinalbo of Greengrass Court welcomed a baby boy named Kai on July 12th.

COLLEGE BOUND

Delores Pappas of Greengrass Ct has a lot to celebrate. Her granddaughter Elizabeth started her freshman year at Texas A&M in August. Another Aggie in the Pappas family.



NEW to LAZYBROOK

We welcome Jessica Brothers & Geoff Garber to Willowby.

Carmen Millet is a new neighbor on Nauts Court and is excited to be part of the Lazybrook community.

We welcome the **Scott Family** to Nauts. Say hello to Luke and Laura Scott, son Ryan, and another baby on the way.

Phillip, Dionne and Hollyn Ukleja are new neighbors on Watercrest Drive. They moved in in April and thank all their Lazybrook neighbors for the warm welcome!

WEDDING ANNIVERSARIES

Carol and Al Herring of Willowmoss will be celebrating their 37th wedding anniversary August 30. Congratulations to you!



Happy 65th wedding anniversary to **Idabel & Willard Walden** of Willowby.

They graduated from Reagan High School in June 1947 and married 3 months later on September 28 at the Heights Presbyterian Church. They have two daughters, six grandchildren and seven great grandchildren. Their daughter Linda Taylor lives nearby on Haverhill.

Jennifer and Mark Estopinal of Lazybrook Dr. celebrated their 26th wedding anniversary on August 2nd and 24 years living in Lazybrook. Their first home was on Watercrest Dr. where they raised their two daughters and then we moved this past spring into a home on Lazybrook. Their daughters are both in college and living in their first home on Watercrest Dr.

Happy 47th Wedding anniversary to **Beverly and Mack Strain** of Lazybrook Dr.

Rachel and Ryan Corbell of Millcreek Dr. will be celebrating their 1st wedding anniversary on October 8th.

Continued on page 13





Security

Matt Herring, Security Chair (713) 864-2823 security@lazybrook.org

Citizens on Patrol Hours Logged

- April 2012 55.75
- May 2012-65
- June 2012- 53.5
- July 2012- 56.25

I appreciate the continued support of our dedicated patrollers and look forward to welcoming new patrollers that recently completed the HPD training class, thank you for your service.

Crime in the Neighborhood

7/8- Burglary - 1800 Willowmoss, jewelry taken
8/6- Theft - 2300 Brooktree, hand cart stolen from back of truck
8/6- Theft - 1800 Millwood, landscape equipment stolen
8/13- Burglary - 1800 Tannehill
8/13- Suspicious Person - 2100 Widdicomb, 5am, suspicious vehicle was noticed, occupants possibly pointed gun at resident
8/18- Auto Theft - 1800 Greengrass 11pm

l encourage everyone to report any suspicious persons or vehicles immediately to HPD. If you are unsure about a person or situation please let a trained HPD officer assess the situation and take any action needed. Please call HPD to report all crimes and get a case number, this is how we are assigned manpower from HPD. HPD Dispatch is 713-844-3131.

Crime Statistics

The latest crime statistics are posted on the web at: http://mycity.houstontx.gov/crime/ or www.spotcrime.com

Citizens on Patrol

Citizens on Patrol successfully brings together communities and police for a common goal, to improve the quality of life for residents by preventing, reducing, or eliminating crime. You can really make a big difference in crime in our area by patrolling just a few hours a month. Patrolling is as easy as driving a car or riding a bike through the neighborhood with a cell phone and calling in any suspicious persons or activities. We will train you, the hours are flexible to fit any schedule, and you are reimbursed for the cost of gas. Please email **security@lazybrook.org** to let me know if you are interested.

Lazybrook Email Network

We have over 450 neighbors signed up to receive email updates. If you are not currently receiving the email you can join by emailing: **security@lazybrook.org** If you change your email address please drop me a line so I can make the change and keep the list current.

August PIP Meeting

The August PIP meeting featured Guest Speaker Linda O'Leary Riesch, Assistant Manager of Disaster Services. You can call 2-1-1 for the Texas/United Way Helpline to register for transportation assistance before a hurricane if you live in an evacuation zone, have a disability, special health care needs, if you cannot drive, or do not have a vehicle. 2-1-1 serves as a primary point of contact during times of disaster. The help line can also be used for social services, veterans assistance, care for aging citizens, and drug and alcohol recovery programs.







May Meeting Highlights

Highlights taken from minutes recorded by Sherri Oldham, Recording Secretary, recording@lazybrook.org

Block Captains- Eddie Yarborough. No report.

Membership- Janell Bryans. Membership up 46%

Hospitality - Jo Crawford delivered 8 sympathy cards and 2 packages for new neighbors

Recycling - Rose Brewer. If you need another green container call 311

Graffiti- Dorothy Richardson is working to get old Eckerds cleaned up.

Newsletter/Website- Crystal Frommert- no newsletter in July

Security-Matt Herring. Reports fairly quiet. Would welcome more citizens on patrol.

Architectural Review- Deed Restrictions Need replacement for Richard Cade

Architectural Petition- Mike Brennan. No report.

Beautification- Carolyn Lehnert reports that the grass is not being cut on the bayou to provide loamy soil for the trees. We agreed to have the three gov. entities come and speak to us about who is responsible. Need to cut back some trees on esplanade for safety.

Advertising- Marc Cougle reports that they have picked up one new advertiser, Yol Art.

Yard of the month- Need a volunteer to head this committee

Unfinished Business

- LCC Directory for 2012. Still accepting forms
- NNO- National night out. Brenda Brumett in charge
- 15000 Tannehill coming into Lazybrook legally- still working on

Paid Patrol

A resident brought up the idea of a paid patrol again. It was made known that a separate account can be set up by anyone who wants to handle it and collect the fees to manage the patrol. It won't be the civic club however.

The issue on whether to mow the bayou has come up again. This will be the third time in 4 years. Once in 2008 and 2012 and now. It was voted down both times to allow the trees to grow and the grasses to act as a loam. Marc Cougle has volunteered to set up meetings with the city, state and county to see who's responsibility it is to mow before we make a decision.

Homeless people have moved from under the bayou and are hanging out around the bayou. No decision was reached on how to deal with the problem.

Thanks to Pat Koteras for gathering door prizes from the following merchants:

Heights Mobil - 18th & Ella Pizza Inn - 18th & Mangum Demeris BarBQ - NW Mall Queen Burger - 18th Queen Donuts - 18th YOLArt - 18th Bargain Food Mart - 18th Tony's Mexican Restaurant - Ella

Please patronize these generous businesses.





Real Estate Corner

Brenda Brummett (713) 861-1710

As of August 31, 2012 were 3 active listings, 1 in option pending stage, 2 pending continue to show and 1 pending listing in Lazybrook.



The three active listings prices range from \$369,000 to \$550,000 with an average square footage of 2,230 and an average per square foot asking price of \$196.23. The most expensive is a 3 bed/3 bath with 2,949 square feet, completely updated with granite in the kitchen and master bath. The hall bath is vintage 50's tile in great condition, new roof, siding, windows and more done in 2010. The least expensive is a 4/3 with 2,008 square feet built in 1965 and has an open kitchen with granite & stainless appliances. It also has an oversized 2-car detached garage w/a driveway gate. The lowest per square foot asking price is \$184.21 and the highest is \$217.99. The homes have been on the market between 5 and 88 days as of August 31.

The one Option Pending is listed at \$225,000, a 3/1.5/2 with 1,256 sq.ft. built in 1961 and was on the market for 41 days.

Two Pending Continue to Shows - 1 listed at \$409,500 is an updated 2,100 sq ft with 3 bedrooms, 2.5 baths, and 2-car garage. The second is a 3 bedroom, 4 bath, & 2-car garage listed at \$450,000 with 2,928 square feet with a pool.

One property is Pending. This property has 3 bedrooms/2baths and 2-car garage that was remodeled in 2007. It has 1,614 square feet and was listed at \$347,500.

Lazybrook had twelve closings between May 1 and August 31. The sales prices ranged from \$190,000 (foreclosure) to \$358,000.

Average time on the market: 40 days (Minimum 1 day, Maximum 231) Average Asking Price: \$286,108 Average Sales Price: \$274,938 Average Per Square Foot Asking: \$177.30 Average Per Square Foot Sales Price: \$170.70 Average Square Feet: 1,612 (3bedrooms, 2.5 baths)

Three of the sold properties included Seller contributions to Buyer's cost or for repairs. Contributions to closing cost were \$6,375 on one property and \$5,000 on another which also had a minimal contribution of \$300 for repairs. The third property paid \$2,000 for repairs. These amounts are not included in the sales prices shown above or the average per square foot sales price.

Information as reflected on the Houston Association of Realtors website.



Wild Weekends

Live music on the wine deck every Friday night

Sunday Brunch Specials 99 cent mimosas and champagne

Sunday Night Specials half price wines by the glass After 5



Outstanding Gulf Seafood and Wild Game 713.861.8666 • rainbow-lodge.com

2011 Ella Boulevard at East TC Jester In the Heights



Follow us on Twitter @TheRainbowLodge



Jaycee Park Update

Darlene Wayt, Friends of Jaycee Park dwayt@comcast.net



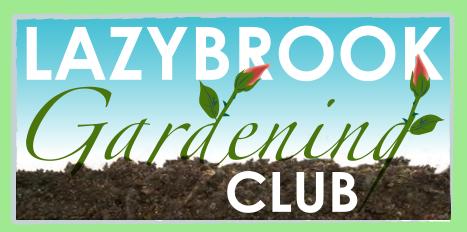
Per Houston Parks Board (HPB), the Kinder Foundation Trail Grant exercise equipment, bike rack, and pet station will be installed soon. Installation dates will be posted on the Friends of Jaycee Park Facebook page.

Per Trees for Houston, the new trees and the crepe myrtles are healthy and are doing great at this point in their young lives.

The Houston Parks & Recreation Department (HPARD) ground crew is doing a great job completely emptying the trash barrels, mowing and edging on schedule. Park visitors and their children are de-littering as they walk the trail and use the playground. The grounds are beautiful! Thank you so much, Jaycee Park visitors!

The splashpad was down for many weeks. Thanks to the coordinated efforts of HPARD and HPB a new computer got the splashpad up and running but more maintenance is required so the splashpad will be down for a week sometime after Labor Day. Maintenance dates are unconfirmed as of this printing so check the Friends of Jaycee Park Facebook page for these dates and other park information.

Thank you Cheryl Erickson and Cristina de la Isla for your work and dedication to Jaycee Park.



The next Lazybrook Garden Club meeting is scheduled for Tuesday, October 9th. The meeting will be held at the home of Marc and Melissa Cougle, 2110 Millwood Dr. Our previous meetings were a great experience and we are excited about continuing to share our stories and grow the club. The meeting with begin with a social starting at 6:30PM and the formal meeting will begin at 7:00PM. If you would like to join us, you are welcome to bring a small dish, appetizer or bottle of wine to share and enjoy with the other club members. Any questions please contact Marc Cougle at mcougle@yahoo.com.

LAZYBROOK NEWS





Around the Neighborhood continued from page 4

CONDOLENCES

Our hearts go out to the family of **Thomas Frank Wurth** of Willowmoss. Tom passed away unexpectedly on August 19. Tom is survived by his loving wife of 16 years, Judy Tuttle Wurth. A memorial service was held on Thursday, August 23, 2012 at Unity Church of Christianity. In memory of Tom, donations can be made to Friends of BARC or Willow River Farm. Our prayers are with you Judy. ~ Your Willowmoss Ct. friends

Please extend our sympathy to **Raymond Benham** on the passing of his mother, Merna Arlene Benham. Mrs. Benham, a Willowby resident for many years, passed away peacefully in her sleep on Thursday, August 2, 2012. She is survived by her children Mary Jackson, Russell Benham, Bonnie Wilkerson, Raymond Benham and Shirleen Benham; 11 grandchildren and numerous great grandchildren.

Sympathies to Robin Baiwir, son of Gayle Baiwir. Gayle was a longtime resident on Haverhill.

Our thoughts and prayers go out to **Donna and Craig Hester** of Widdicomb. Donna's father, Jack Stich, went to be with the Lord on August 22, 2012.

SPECIAL ANNOUNCEMENTS

Because of a devastating house fire, our neighbor **Susan Schilab** of Haverhill was forced to move. The house has been sold and torn down. We were all so sorry about this tragedy. We hope to see Susan at our National Night Out celebration and to hear how she is getting along. Susan, we miss you!

Have Announcements to share with your neighbors? Please call or email Julie Kleine at neighborhood@lazybrook.org or 832.971.4731



- ◆ Long Term Care, Health Insurance
- Financial, Retirement & Estate Planning
- ♦ 401 (K) Rollovers
- ◆ Stock. Bond & Mutual Fund
- Tax Free Municipal Bonds
- Annuities
- IRA's SEP & Simple IRS's
- ♦ Life Insurance
- College Savings Investments

Securities and investment advisor services Investmen offered through Transamerica Financial Advisors, Inc. (TFA) Member FINRA, SIPC and Registered Investment Advisor. Non-securities products and services are not offered through TFA

LD 19499-02/10

Lazybrook Resident since 1965



Email: ntritico@tfamail.com

NATHAN

(713) 862-8245 Investment Advisor/ TFA) Representative sor. 1802 Locksford Houston, Texas pugh TFA 77008

713-623-5718 Direct 1-800-506-SOLD Toll Free louis@coldwellbanker.com www.har.com/stevelouis



Selling

Houston's finest homes

since 1985

STEVE LOUIS

The Sign of an Exceptional

Sales Associate

SOLD





Weight Lifting Could Pump Up Your Brain

Birgitt Haderlein, tofityou@sbcglobal.net 713-410-3376

Hope all of you had a great summer and are gearing up for the cooler weather heading our way. I have to say I have been very impressed with my Lazybrook neighbors.

I have been out all hours of the day this summer training my white schnauzer Andrew and it has been a work in progress. I have noticed more residents in the neighborhood also training their canines. So kudos to those of you who stuck with your fitness during the summer months. Whether indoors or out I hope you gave yourself the gift of consistency and health. And training my dog reminded me how being fit and getting out there with him no matter what excuses I came up with, helped me enjoy being outdoors with him more. I am happy to report he has trained me to be a better dog owner. We get gifts all the time in our lives. We just need to remember to acknowledge them.

Which brings me to the topic at hand. Had I not been weight training for all these years I may not have had the strength and stamina required to do some of the tricks I had to do with my dog and have the brain power to be as effective in learning the skills needed to be the pack leader. Clients ask me all the time, "Will lifting weights really help me"? I enthusiastically say absolutely. Not only for your skeletal system, improved posture and muscle development, but for your brain as well. Here is what Tufts University has to say about this amazing component to your health and vitality.

Pumping iron might be good for your aging brain as well as your muscles, according to a new study of older women with mild cognitive impairment. Women in the randomized trail who were assigned to resistance training significantly improved their scores on tests of memory and cognition.

"Exercise is a promising strategy for combating cognitive decline," noted researchers Teresa Liu-Ambrose, PhD, of the University of British Columbia, and colleagues. Previous studies, they pointed out, have found both aerobic training and resistance training enhance cognitive performance and function in healthy older adults and individuals with mild cognitive impairment. But no study to date has compared the effectiveness of both types of exercise in seniors with mild cognitive impairment, according to Liu-Ambrose and colleagues: "understanding this is crucial to using exercise as a strategy for altering the trajectory of cognitive decline in seniors with mild cognitive impairment."



So researchers divide 86 women , ages 70 to 80, into three groups. While one group trained twice a week with machines and free weights, a second group was assigned to aerobic exercises, which involved an outdoor walking program. A third control performed only balance and stretching activities.

Mental performance was measured using the Stroop Test, a standard cognitive test of selective attention and the ability to deal with conflicting information (for example, being able to read the word "Red" even when it's printed in blue). Secondary tests also measured working memory, associative memory, problem solving and visual attention and task switching.

After six months, the aerobics group got physically fitter and improved balance, but saw no cognitive benefits. The resistance-training group, however, significantly improved their average performance on the Stoop Test and tests of associative memory.

In MRI scans of 22 participants (seven or eight per group), those in the weight-lifting group also saw significant functional changes in areas of the brain associated with cognition and memory.

Photo credit: CB101016 by Spirit-Fire, on Flickr





Publishing their findings in Archives of Internal Medicine, Liu-Ambrose and colleagues concluded that the study provides "novel evidence" of the benefits of strength training for this suffering mild cognitive impairment. They cautioned that the results might not apply equally to men or to women of different ages than the study group.

If these findings are the nudge you need to get started with strength training, however, check out my website and my fitness camp classes to get you smarter and stronger. Regardless of your age strength training has amazing benefits for your health and increased vitality.

Last but not least my dog Andrew and I will keep practicing our new learned behavior and hope some of you will think about giving the gift of being a pack leader not only for you dog but your health and family and friends too. My last fitness camp class for 2012 will be September 19 hope to see some of you there.

Are you ready to take tour health and well being to the next level? If you are stuck and need some accountability, call me at 713-410-337 to coach you in the direction you want to explore. You can start today by signing up for my Fitness Camp classes listed below.

In Health, Birgitt

Last Fitness Camp for 2012 will be September 19 (6 weeks) will also include a breathing and relaxation component!

2013 Fitness camp to increase speed power and energy and don't forget losing weight! (6 weeks) February 6 April 24 July 10 October 2 Gift certificate make a great gift! More information at www.tofityou.com





713-863-0991 4810 Nett Street Houston, TX 77007



ſoFitYou Birgitt Haderlein

Licensed WellCoach® B.S. Certified ACSM, ACE Medical Exercise Specialist

YOU SPEND 24-HOURS A DAY IN YOUR BODY. WOULDN'T YOU LIKE TO MAKE THE MOST OF IT?



My specialties:

- Helping adults re-connect with a strong body and vibrant wellness
- Assisting those recovering from surgery
- Partnership in creating positive change by using all the tools of Wellness Coaching and Personal Training.

713.410.3376 ToFitYou.com



LAZYBROOK NEWS

15

Beautification

Carolyn Lehnert (713) 864-3596 beautification@lazybrook.org

At the last Lazybrook Civic Club meeting there was a discussion about T.C.Jester park. A motion was passed that the management of the park be again addressed at the September meeting. In the hope of addressing several concerns, I and other citizens have made some changes.

- 1. In early June, Marc Cougle and Richard Akin removed some small bushy trees near Foodarama where some homeless people had been "hanging out." The police were called and the men were asked to leave. I believe they have not returned since.
- 2. Several areas of invasive vines have been removed. These included grapevines growing up into trees and a large area of Virginia Creeper near the intersection of Brooktree. More such work is planned.
- 3. Thanks to Marc Cougle who organized a small group of volunteers to mow the area near Lazybrook Drive known as "Roberta's Garden." The city had been doing this previously, but it was let go too long. The bench was rebuilt by the city. A birdhouse donated by Eddie Yarbrough has been erected. If the city does not keep up with mowing this area, I will see that it gets done.



Volunteers take a break from cleaning up "Roberta's Garden."

- 4. The Parks Department has agreed to mow a wider strip along the street. This will give a cleaner look and provide an area for planting wildflowers.
- 5. I have asked the city's permission to get larger signs designating the "Natural Area." I am waiting for approval.
- 6. I have also asked for permission to add a bulletin board exactly like the one in West 11th Street Park. This will provide a place for communication about the park and for education on the plants, such as names and uses to insects, etc. such as butterflies.
- 7. I am trying to find someone to research names and uses for the park plants. This could be a good project for a student or for an Eagle Scout. If you know of someone who could do this, please let me know. I do not want to remove any plant without knowing what it is.
- 8. Photographs and information about the park will be included on the Lazybrook website.

I hope these plans meet with your approval. If the park is important to you, please attend the September Lazybrook Civic Club meeting.



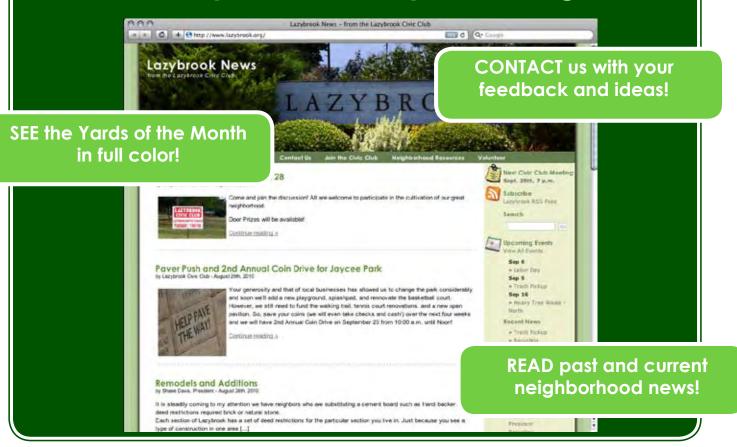




JOIN The E-mail network and stay informed with Security Updates

Pay your dues and donate using PayPal!

LAZYBROOK NEWS is on the web at <u>http://www.Lazybrook.org</u>









Recycling

Rose Brewer (713) 880.3845 recycling@lazybrook.org

You know that I have been concerned about water supply across the globe. Even though we have been very lucky with the amount of rain that we have had over the last summer, it is still an issue for us. One of the main concerns that we have is clean, safe water.

I recently watched as one of our neighbors put a substance in the standing water near his house. My husband and I were walking and had noticed the tadpoles in that small pond. Unfortunately, all the tadpoles were killed. The ironic thing was that the homeowner was simply trying to kill mosquito larvae and the only thing living after twenty minutes was the mosquito larvae. I, personally, was very upset to see the tadpoles killed because we have a crisis worldwide with amphibians dying off. But another issue is that anything added to the water supply can end up in our water. The major rule of thumb - don't pour anything down the drain that you don't want to have in your water is a good one.



If you do have standing water near you and you're worried about mosquitoes, the best solutions are the simple common sense ones. Use a broom to sweep the water into the storm drain, don't leave your sprinkler system on so long that it adds to the problem, pour out containers of water that get filled near your house, etc.

Thanks Lazybrook for reading and enjoy the Fall.



Help is Here

If you would like to have your contact information published in the next newsletter, we are looking for residents who would like to help out fellow Lazybrookers. Possible services:

House Sitting Baby Sitting Sewing/Alterations Minor Household Repair

Contact **Tim Z.** for yard work and general home repair,cleaning **3zs4him@gmail.com**







Think Beyond the Neighborhood — We Bring Buyers from Everywhere.



KELLER WILLIAMS

SEPTEMBER									
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
Please note: = Heavy Tree Waste						1			
2	3 Labor Day	4	5	6	7	8			
9	10	11 Patriot Day Garden Club Meeting - 6:30 pm	12	13	14	15			
16	17	18	19	20 North	21	22			
23 30	²⁴ South	25 Civic Club Meeting 7pm	26	27	28	29			
OCTOBER									
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
Please note: = Heavy Trash - Junk	1	2 National Night Out	3	4	5	6			
7	8 Columbus Day	9 Garden Club Meeting - 6:30 pm	10		12	13 Garden Club Workshop/Work Weekend			
14	15	16	17	18 North	19	20			
21	22 South	23	24	25	26	27			
28	29	30	31 Halloween						
NOVEMBER									
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
Please note: = Heavy Tree Waste				1	2	3			
4 Daylight Savings Time Ends (Fall back 1 hour)	5	6 Election Day	7	8	9	10			
11 Veterans Day	12	13	14	15 North	16	17			
18	19	20	21	22 Thanksgiving	23	24			
25	26 South	27 Civic Club Meeting 7pm	28	29	30				